

Contraception



HORMONAL METHODS

Available options at Winn
Army Community Hospital

BIRTH CONTROL METHOD

ADVANTAGE

DISADVANTAGE



COMBINED ORAL CONTRACEPTIVES (Estrogen & progesterone)

99.7% effective perfect use
92% effective typical use

Take one pill everyday

- Does not interrupt sexual spontaneity
- Aids in improving various female medical conditions
- Fertility returns within 3 months

- Must be taken daily around the same time
- Possible adverse side effects
- No protection against sexually transmitted diseases (STDs)



PROGESTERONE ONLY Oral contraceptives

99.7% effective perfect use
92% effective typical use

Take one pill everyday

- Does not interrupt sexual spontaneity
- Ideal for breastfeeding mothers; does not alter milk quantity
- Fertility returns immediately

- Must be taken daily at the same time
- Can be made less effective if used with other prescription drugs
- No protection against STDs or HIV



DEPO PROVERA INJECTION

99.7% effective perfect use
97% effective typical use

One injection every 12 weeks

- Sexual spontaneity not effected
- Other medications do not alter its affect
- Ideal for breastfeeding mothers; does not alter milk quantity

- Possible weight gain
- Fertility returns in 6 to 12 months
- No protection against STDs or HIV



NUVA RING

99.7% effective perfect use
92% effective typical use

Place 1 ring per vagina, leave in for weeks, remove for 1 week

- Does not interrupt sexual spontaneity
- Do not have to remember to take a pill daily

- Possible adverse side effects
- No protection against STDs or HIV



IUD hormonal or non-hormonal

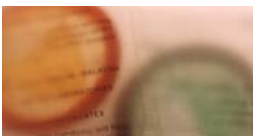
99.4-99.9% effective perfect use
99.2-99.9% effective typical use

Inserted by Healthcare Provider

- Does not interrupt sexual spontaneity
- Ideal for breastfeeding mothers; does not affect milk quantity

- Must be in a monogamous relationship or risk serious infection
- 2%-10% expel the IUD within the 1st year
- No protection against STDs or HIV

BARRIERS, SPERMICIDES, AND PERMANENT STERILIZATION



Condoms

98% effective perfect use
85% effective typical use

One condom per intercourse

- Reduces risks of sexually transmitted diseases and HIV
- Low cost
- Fertility protected

- May reduce sexual sensitivity
- Interrupts spontaneity
- Must have male cooperation



Spermicides

5%-50% effective

Use per manufacturer instructions

- Spermicide used with a barrier method is highly effective
- Low cost and available at stores
- Can be used to provide lubrication during intercourse

- Can promote vaginal infections
- Can be irritating to the skin
- No protection against STDs or HIV



Diaphragm

94% effective perfect use
80% effective typical use

Use per Healthcare Provider's instructions

- Safe method
- No side effects
- Does not require partner cooperation

- Must use with a spermicide
- At risk for toxic shock syndrome
- No protection against STDs or HIV



Tubal Ligation

99% effective

Surgical procedure

- High effectiveness
- Lack of long term side effects

- Permanent
- Reversibility difficult and expensive
- No protection from HIV or STDs

Perfect use: Strictly following the directions for use of a particular birth control method

Typical use: The actual use of the birth control method to include inconsistency or incorrect use

